



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

PFLÜGLER, Christian

□□: 100 Marathon Club
 □□: 269

□□: 42.16 km
 Marathon

□□□□:
 Männer M40

□□□: 5:25:38

□□: 7.77 km/h
 □□□□: 7:43 min/km

□□□□□/□□□□: 240 (of 289)

□□□□□/□: 221 (of 261)

□□□□□□: 3:20:36

□□□□□: 49(of 55)

□□□□□□□: 3:28:58

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|---------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 35:51 | 6:48 | 46 | 12:38 | 217 | 13:29 | 5.27 | 35:51 | 6:48 | 5 | 2:24 | 141 | |
| □□ 2 | 5.27 | 34:52 | 6:36 | 45 | 10:22 | 200 | 11:26 | 10.54 | 1:10:43 | 6:42 | 19 | 2:10 | 166 | |
| □□ 3 | 5.27 | 35:30 | 6:44 | 44 | 10:53 | 197 | 11:52 | 15.81 | 1:46:13 | 6:43 | 23 | 16:01 | 226 | |
| □□ 4 | 5.27 | 37:27 | 7:06 | 47 | 12:26 | 210 | 12:49 | 21.08 | 2:23:40 | 6:48 | 21 | 0:03 | 184 | 12:00 |
| □□ 5 | 5.27 | 41:11 | 7:48 | 49 | 14:53 | 225 | 15:52 | 26.35 | 3:04:51 | 7:00 | 23 | 10:12 | 207 | 1:02:02 |
| □□ 6 | 5.27 | 45:04 | 8:33 | 50 | 17:29 | 230 | 19:13 | 31.62 | 3:49:55 | 7:16 | 23 | 30:44 | 205 | 1:21:09 |
| □□ 7 | 5.27 | 46:23 | 8:48 | 48 | 17:52 | 213 | 20:16 | 36.89 | 4:36:18 | 7:29 | 21 | 25:48 | 197 | 1:41:25 |
| □□ Ziel | 5.27 | 49:20 | 9:21 | 47 | 21:42 | 223 | 23:37 | 42.16 | 5:25:38 | 7:43 | 51 | 3:48:25 | 232 | 4:58:51 |